

Child Activity

Feelings as Weather Report

Objective: Help your child express and understand their emotions by comparing them to different types of weather, making abstract feelings more concrete and relatable.

Introduce the Concept (5 minutes): Explain that feelings can be like the weather. Sometimes sunny and calm, sometimes stormy or cloudy. Ask: “If your feelings today were a kind of weather, what would they be?”

Create the Feelings Report (15–20 minutes): Children draw a picture of their “feelings weather” for today.

- Sunny = happy or excited
- Cloudy = confused or tired
- Rainy = sad or disappointed
- Stormy = angry or overwhelmed
- Windy = restless or energetic
- Rainbow = hopeful or mixed emotions. Encourage them to add symbols, colors, or a forecast (e.g., “Tomorrow might be sunnier”).

***These are examples of a symbolism guide, but let your child determine what the weather they are drawing means to them, and have them make a guide to their weather report**

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Parent-Child Sharing (10 minutes): Parents make your own weather report too! Then share and talk about:

- Why did they choose that weather
- What helps them during stormy or rainy days
- What they look forward to

Reflection (5 minutes): Ask:

- “What can we do when our feelings feel stormy?”
- “What helps bring out the sunshine?”

Child Activity

My Safe Place Drawing

Objective: Help your child identify a safe place. This can help them visualize and create a sense of security that can be used to help with emotional regulation.

Introduce the Concept: Invite your child to draw a place where they feel calm and safe.

Reflection: Discuss details gently: “Who’s with you in your safe place? What do you hear or see?” This promotes a sense of security, useful for children coping with anxiety or trauma-related symptoms.

Parent Activity

Parenting Tree Activity

Introduction: Art therapy often uses trees to represent personal growth, resilience, and life roles. Please think of your parenting journey as a tree.

Drawing Prompt: Ask participants to draw a tree that represents their experience as a parent. Encourage them to include:

- **Roots:** What grounds you (values, support systems, traditions)
- **Trunk:** Your strengths and core identity as a parent
- **Branches:** Your responsibilities or roles
- **Leaves/Fruit:** Joys, accomplishments, or hopes
- **Storms or broken branches** (optional): Challenges or losses

Reflection: Write a few sentences about what your tree reveals about your parenting experience.